

August 2, 2011

MEMORANDUM NO: 064-11HR

TO: Agency Administrators
FROM: Bobbie Chappell
VIA: Rip Colvin, Executive Director
RE: Safety Notes from July 2011

Please find attached the July issues of *Safety Notes* from Risk Management. I am sure you will find them to be informative. Please feel free to distribute to other interested parties. Thank you.

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Attachments

“Flame follows smoke.”

Titus Maccius
Plautus

Safety Notes



VOLUME 1, ISSUE 40

QUICK TIPS:

1: Obey local laws regarding open fires.

2. Have fire-fighting tools nearby.

3. Teach children about fire safety.



4. Make sure large fire vehicles can get to your residence or workplace.

5. If told, evacuate immediately.

6. Have several escape routes in your building.

Wildfire Safety

Summers in Florida can bring dry and scorching hot weather. A hazard that comes with this weather is wildfires. Wildfires can be started by lightning, spontaneous combustion, and human carelessness. Every year, more people are building homes and businesses near woodland settings, putting themselves in danger of a wildfire.



This year, Florida has seen over 1,500 wildfires and over 200,000 acres burned. Two firefighters with the state Division of Forestry recently lost their lives bravely battling wildfires in North Florida. While some fires cannot be avoided, wildfires caused by humans can be prevented with good judgment and obeying local rules regarding open fires.

The Centers for Disease Control and Prevention (CDC) provides information on how to prevent damage to your property from wildfires. Please take the time to view this website. It may include information that can help prepare you against a deadly natural disaster. Disasters such as wildfires can strike fast and without warning. Creating a family disaster plan can help with this situation along with other disasters.

[USFA: Preparations, Preventions, and Tips](#)

Getting Started

The flame is often seen as the most lethal part of a fire, but smoke can be dangerous and the first to arrive. The CDC offers numerous solutions to prevent smoke from being harmful.

[Health Threatened from Wildfire Smoke](#)



KEEP YOUR PROPERTY SAFE!

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“Water is the driver of nature.”
Leonardo da Vinci

Safety Notes



VOLUME 1, ISSUE 41

QUICK TIPS:

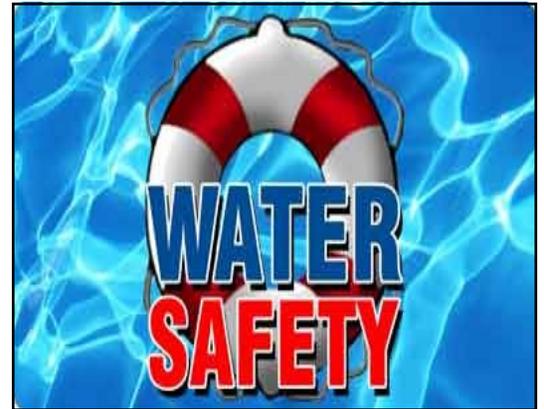
1. Swim in areas supervised by a lifeguard.
2. Enter headfirst only when the area is clearly marked for diving and has no obstructions.



3. Be aware of the water environment you are in and its potential hazards.
4. Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

Water Safety

During the hot summer months, employees and their families tend to spend more time doing outdoor activities, such as swimming, fishing and boating. Each of these outdoor activities involves water. Water, if not taken seriously, can become extremely dangerous. Educating employees and their families about the dangers of water and how to practice water safety is important.



According to the Centers for Disease Control (CDC), everyday about 10 people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years of age. Nonfatal drowning can cause brain damage that may result in long-term disabilities. Supervision and paying attention to water conditions can prevent many water incidents.

Getting Started

This week, the Safety Notes link will redirect you to the American Red Cross website which has valuable water safety information to help employees and their families stay safe in, on, and around water.



[General Water Safety Tips](#)

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“Accidents, particularly street and highway accidents, do not happen – they are caused.”

-Ernest Greenwood

- Simple maintenance of your vehicle can prevent hazardous conditions.
- Know the relative mileage and age of your tires and check for balding.



- Have your breaks checked **AT LEAST** once a year.
- Replace headlights and taillights as soon as they falter—don't wait.

Safety Notes



VOLUME 1, ISSUE 42

Motor Vehicle Safety

It is that time of year when the roads are crowded and dangerous. When summer rolls around, schools are out and families are on vacation, leading to more drivers on the road.

According to the Centers for Disease Control and Prevention (CDC), motor vehicle crashes are the leading cause of death among people aged 5 to 34 and claim 30,000 lives each year in the United States. Fatal or not, motor vehicle crashes are a burden to society, financially and emotionally.

According to the CDC, in the year 2005, motor vehicle accidents in the United States resulted in \$41 billion in medical and work lost time costs. Florida was one of the ten worst states when assessing motor vehicle crash costs by state.

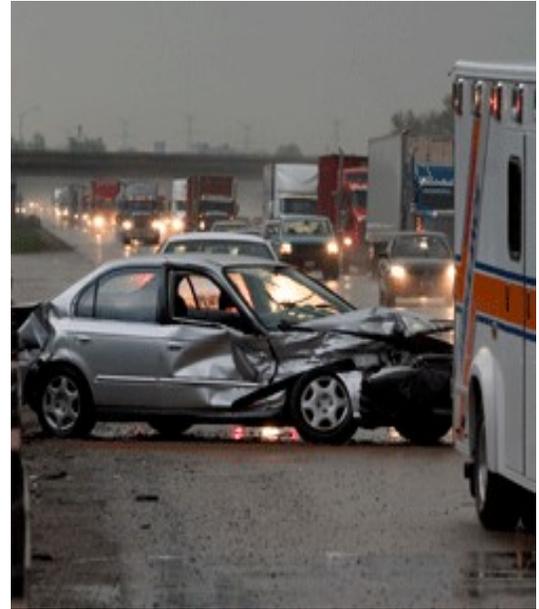
Unfortunately, motor vehicle accidents have become normal in everyday life. A good prevention technique to counter this is driving defensively. Defensive driving can be the difference between avoiding an accident or causing one. Below are links that you can share with employees on how to stay safe while on the road.

[DEFENSIVE DRIVING TIPS](#)

Getting Started

What is the first thing a passenger or driver should do upon entering a vehicle? If you said buckle your seatbelt, you're right. For more helpful tips, click the link below.

[U.S. DEPARTMENT OF TRANSPORTATION'S DATA.](#)



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“A vacation is a sunburn with premium prices.”

~Hal Chadwicke

Safety Notes



VOLUME 1, ISSUE 43

The ABCD method is recommended by the Skin Cancer Foundation and American Academy of Dermatology. It can help distinguish if a person has early signs of melanoma or a normal mole.

1. **Asymmetry**—most early melanoma are asymmetrical.
2. **Borders**—borders of melanoma are uneven.
3. **Colors**—varied shades of brown, black or tan are often a first sign of melanoma.
4. **Diameter**—early melanoma tend to grow larger than moles.

[EXAMPLE OF ABCD METHOD](#)

Ultraviolet Radiation

Florida’s summers bring high temperatures and strong rays of sunlight. Many state employees will be enjoying their free time with activities exposing them to fair amounts of ultraviolet radiation. Others will be working outside for long periods of time.

Ultraviolet rays are invisible to the human eye, but penetrate the skin and can cause sunburn and skin cancer. There are three types of ultraviolet rays: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). UVA and UVB rays are the ones that cause damage to human skin, with UVA rays being more harmful than UVB rays.

Exposure to ultraviolet radiation during the summer will be at its highest between 10:00 a.m. and 4:00 p.m. The best way to protect yourself from UV radiation is to avoid extended periods of exposure during these times.

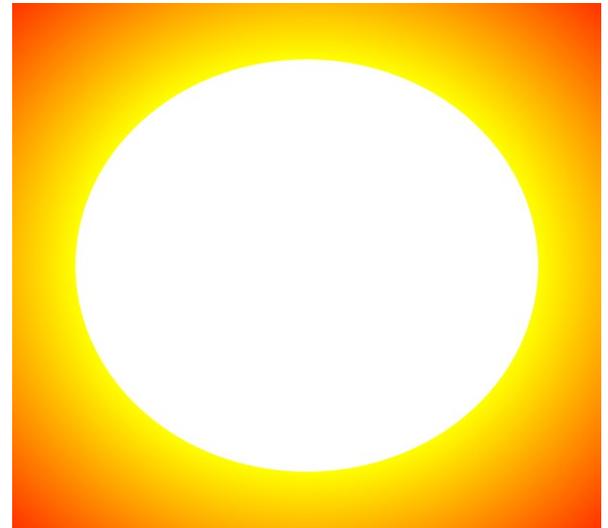
If this does not happen, application of sunscreen (at least 15 SPF) and sunglasses that block 100 percent of UV radiation are recommended.

[MINUTES UNTIL SKIN DAMAGE CHART](#)

Getting Started

Most individuals know about or have experienced being sunburned, but many do not know how dangerous UV radiation can be to your eyesight.

[EPA EYE DAMAGE PREVENTION](#)



UV Index

Exposure Category	UVI Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very high	8 to 10
Extreme	11+

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